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# ­Coaching and Clinical Supervision

I use coaching and supervision sessions to create a safe space for creative discussion about your practical and ethical dilemmas, confusions and challenges -and the celebrate change. My aim is to support and inspire learning, accountability, clarity and compassion.

Most of my work is coaching but we can structure sessions as supervision/clinical supervision if that’s what you need. In the way I work, a key difference between coaching and supervision is that a supervisory relationship has more formal structure. This means that we’d use some of our first session for you to explain your mandate for supervision so I can record it and we can work together to meet it.

Either way, it’s an opportunity away from it all for you to talk with someone who has the skills and values to support your personal and professional growth as you help others. I’ll listen to your queries and concerns and ask questions, or perhaps suggest resources, to help you to follow a trail to new ideas. I’ve just separated personal and professional growth, but of course these areas of our life can be very intertwined. Maybe you’re struggling with eating or body acceptance. Maybe your personal identities mean you feel isolated in your professional life. Perhaps you are grappling with your sense of self as a good professional because you have been introduced to ideas that cast doubt on the benefits of your current practice and you want a non-shaming place to think out loud. Coaching isn’t counselling but the sessions are a place where anything of a professional nature belongs including conversations at the interface of your personal self and work self. As with all Well Now work, these will be grounded in considerations of safety, trust and respect.

In other words, our coaching sessions are a compassionate space where you’re invited to bring whatever feels relevant. It’s my role to support you to competently engage with the various linked dimensions that are raised for you in practice, from client stories to resource issues and personal triggers. As a coach I draw on material from a wide range of disciplines accessed over years of reading, thinking. As well as dietetic credentials – including being on the British Dietetic Association roll of honour and having the first PhD in Critical Dietetics – I hold a Certificate in Permaculture and a Certificate in Women’s Studies and Literature. I’ve worked in mental health advocacy and was co-chair of a large disability rights group. Previous sources of income involved me running : marathons, a market garden, a bakery, a social enterprise. I have personal experience of eating disorders and living with a trauma brain. Beyond the wide net of reading all things ‘food and public health’ my book choice covers anti-racism, feminism, pedagogy, poetry, spirituality, sexuality and well, quite a lot more.

I began work as a dietitian before I had a vocabulary for critical thought, and when I found my way to social justice and activist work I had to get to grips with an entirely new vocabulary and conceptual frameworks. So I know what it feels like to be out of my depth in a terrain of unfamiliar models and terms. And I also remember what it is like to be fully behind a practice and then start doubting my certainties. It can be big deal when we realize we’ve been advocating a practice we now believe is more problem than solution. Will we stick with what we’ve created, or create anew and change direction? In case it’s relevant, a Spoiler Alert: It’s ok, the sky doesn’t fall on your head. And the sense of congruence is liberating.

## What I Can Offer as Coach and Supervisor

Well Now turns some taken-for-granted ideas on their head to build a practice that is trauma-informed, compassion-centred and justice-enhancing. I have sought to build a coherent, practical approach by going deep, finding the buried roots of food and body distress and then trying them out for real, going deep again, and so on.

You name it, and maybe I’ve interrogated it: health justice, weight stigma, weight-neutral practice, evidence-based practice, mindful and intuitive eating, stages of change, gut-brain axis, learning cycles, resilience, self-care, ethical autonomy, FODMAPS - and more. Drawing on my own experiences of eating distress, gut disorders, mental health problems, and of pioneering radical dietetics helps keep things real. And of course, beyond books and dietetics, my work is also shaped by who I am, which adds personal experiences and interests that embrace queerness, spoken word poetry, spirituality, the erotic.

In the process of learning and unlearning I have learnt how to identify hidden assumptions that lead to stuckness, confusion or contradiction in my work and thinking. More importantly to you, I’ve learnt how to help others do the same. So yes, I have lots to offer as a coaching working with professionals helping other people explore their food and body stories to transform trauma. And I would love to hear from you if this sounds like what you’re seeking.

* How can we talk about body respect when clients want to lose weight?
* Is it essential to good practise, or outside of professional scope, for dietitians to use trauma-informed counselling skills?
* What on earth is neoliberalism and why on earth does it matter to public health?
* Can there be a place for talking about social justice in the self-care conversation?
* Does discussion on dietary strategies for IBS benefit or impede eating disorder recovery?
* What can we do when the main health issue is poverty?
* Can I work ethically if I wish I was thinner?